

Resource #5: 20/20/20 Brain-Body-Mind Breaks for Destressing

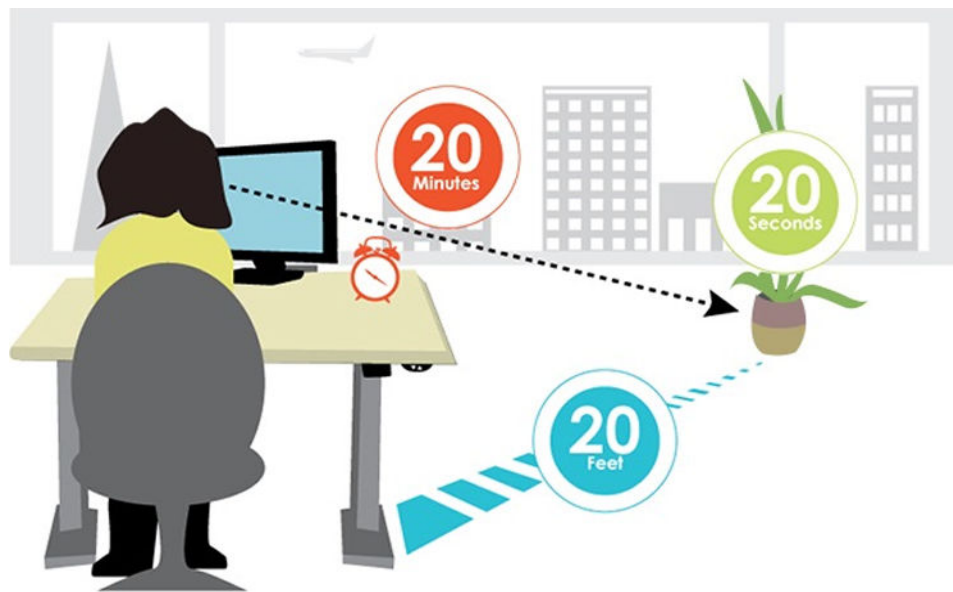
Physical health impacts mental health.

Factors such as sleep, nutrition, and movement, are contributing factors to our physical health which in turn impacts our mental health including things such as concentration, confidence, energy levels, creativity, problem solving skills and more. If we care for your body, it can automatically include taking care of our mind.

The 20/20/20 exercise is a very simple and tangible exercise to implement throughout your day.

- This 'exercise' is giving your brain a break from the inner movement and work it is doing when hyper-focusing on a task, a screen, a certain conversation, ect.
- Giving your brain and your eyes a short physical switch-up supports promoting energy flow, relief, and reflection for your mind, as well as reducing eye strain and/or brain strain, which can lead to headaches and more stress.

20/20/20 Exercise: Every 20 minutes, look up from your screen/task and focus on an item approximately 20 feet away for at least 20 seconds



Excessive, or even just longer stints of hyper-focus on one item/task, can have an impact on how we feel and how well we function mentally and emotionally, as well as physically.

Shifting perception can shift perspective.

- This exercise can become even more supportive and effective when your 20 seconds are combined with mindful breathing. (See Resource #3 Mindful Moments)
- OR, if you can make your 20 seconds a little bit longer, practice a short micro-movement to stretch and adjust your physical body by paying attention to how your body is feeling and what it might need. (See Resource #4 Micro Movements)